



PERFORMANCE TRIAD

Sleep, Activity, and Nutrition



JOIN FORT POLK FOR
THE ARMY PERFORMANCE TRIAD OFFICIAL KICK OFF
2-7 JUNE 2014

The Army Performance Triad is part of the Army's Ready & Resilient Campaign which promotes getting quality sleep, engaging in activity and improving nutrition by making better choices in our "Lifespace" (the time that isn't spent with a healthcare provider)

The JRTC & Fort Polk Community will be joining the Army Performance Triad Kick Off Week 2-7 June 2014. Join us during the following activities:

2 June 2014 - 1st MEB, 4/10th & 162nd Dining Facilities 1130-1300

Health & Wellness Booth & information provided by BJACH

3 June 2014 - Fitness Demonstration by MAJ William Callahan, 1800-1900 hours at Palmetto Neighborhood Center

4 June 2014 -Commissary Healthy Shopping Tour (1300)

BJACH Nutrition Care will teach you how to shop healthy for your family

5 June 2014 - Fitness Demonstration by MAJ William Callahan, 1800-1900 hours at Maple Terrace Neighborhood Center

6 June 2014 - Interactive Health Fair at the Education Center Bldg. 660 (0900-1300)

BJACH and Installation Agencies providing interactive health & wellness booths.:

- Post Safety
- Army Substance Abuse Program
- Army Community Services
- Morale Welfare & Recreation
- Pharmacy Services
- BJACH Health Promotion Program

Interactive Education will be provided by Subject Matter Experts:

- Sleep— Behavioral Health
- Activity—Physical Therapy
- Nutrition—BJACH Nutrition Care Division
- Technology—Master Resiliency Trainer/Comprehensive Soldiers & Family Fitness

Healthy Cooking Demonstrations will be provided by the Fort Polk Culinary Arts Team at Camellia Neighborhood Center (Find out how you can be one of the 105 participants to sample their tasty delicacies when you visit the interactive health fair on 6 June)

7 June 2014 - Performance Triad Fun Walk/Run 0800 at the Warrior Community Center Golf Course

co-sponsored by BJACH & ASAP. Registration is free. You may register at

<http://www.eventbrite.com/o/bayne-jones-army-community-hospital-asap-and-fort-polk-6597097673>

Or BJACH Facebook— <https://www.facebook.com/BayneJonesACH> click on the Performance Triad banner

For more
information
contact the
BJACH Health
Promotion
Program at
(337) 531-6880